

## South County Senior Center

South County Center  
8350 Richmond Hwy. suite 325,  
Alexandria VA 22309



www.fairfaxcounty.gov/ncs

Operating Hours: Monday -Friday 9 a.m.-4 p.m.  
Telephone: 703-704-6216

Senior + Program: Days and hours vary

Schedule of events and activities are subject to change. Please call the facility directly for the most updated information.

### March 2015

#### Programs

Program	When	Time	Description
Walking Club	Monday - Friday	9 a.m.-4 p.m.	
Billiards	Monday - Friday	9 a.m.-4 p.m.	
Cards and Games	Monday - Friday	10 a.m.	
Coffee and Chat	Monday - Friday	10 a.m.	
Mat exercise	Monday/Wednesday/Friday	10:30 a.m.	
Walking Group	Tuesday	1 p.m.	
Medium Impact Exercise	Monday/Wednesday/Friday	11 a.m.	
Mind Bogglers	Monday - Friday	1:45 p.m.	
Wheel of Fortune	Monday	1 p.m.	
Computer Tutoring 1:1 session	Monday	10 a.m.	
Sewing and Crafts	Thursday	12:45 p.m.	
Bingo	Wednesday	10:30 a.m.	
Bridge	Wednesday	10:30 a.m.	
Spanish Club	Wednesday	1 p.m.	
Jazzercise	Monday	1 p.m.	
Sharing and Caring	Tuesday	1:45 p.m.	
Line Dancing	Friday	12:30 p.m.	
Senior Chat	Tuesday/Wednesday	1:15 p.m.	
Open Computer lab	Tuesday/Wednesday	10:30 a.m./11 a.m.	
Chair Yoga	Thursday	11 a.m.	
Trivia	Thursday	1:15 p.m.	
Wii Bowling	Tuesday	11 a.m.	
Low Impact Chair exercise	Friday	11:15 a.m.	

#### Classes

Class	When	Time	Description
Civics Class with Dan	Friday	11 a.m.	
Nutrition education	3/2/2015	12:15 p.m.	With Teresa and Crystal
Independent Living Project	Thursday	10:30 a.m.	
Poetry with Peter	3/9/2015	10:30 a.m.	

#### Special Events/Trips

Event/Trip	When	Time	Description
Sit and Stretch	3/3 and 3/10	11:30 a.m.	
Fire and Safety Presentation	3/4/2015	12:15 p.m.	
Musical entertainment	3/11/2015	12:30 p.m.	with Alex
Farmer's market	3/3/2015	10:30 a.m.	Advance reservations required. Most trips are from 10 a.m.-2 p.m.. with a \$1 bus fee and lunch is on your own.
Dollar Tree-Mt Vernon	3/3/2015	10:30 a.m.	Advance reservations required. Most trips are from 10 a.m.-2 p.m.. with a \$1 bus fee and lunch is on your own.
Ross - Kingstowne	3/10/2015		Advance reservations required. Most trips are from 10 a.m.-2 p.m.. with a \$1 bus fee and lunch is on your own.
Potomac Mills Mall	3/17/2015	10:30 a.m.	Advance reservations required. Most trips are from 10 a.m.-2 p.m.. with a \$1 bus fee and lunch is on your own.
Walmart kingstowne	3/24/2015	10:30 a.m.	Advance reservations required. Most trips are from 10 a.m.-2 p.m.. with a \$1 bus fee and lunch is on your own.
AMF Alexandria Lanes Bowling	3/11 and 3/25	12:15 p.m.	Advance reservations required. Most trips are from 10 a.m.-2 p.m.. with a \$1 bus fee and lunch is on your own.
Musical entertainment	3/20/2015	11 a.m.	by Groveton Groovers
Board Games	3/16 and 3/23	1:15 p.m.	
Healthy Snacking Demonstration	Friday	1:15 p.m.	by Gladys

#### Community Meetings

Meeting	When	Time	Description
South County Advisory Council Meeting	3/4/2015	12:30 p.m.	1st Wednesday of each month. Open to all participants.